

# SHOREVIEWS

Shoreview City Newsletter and Recreation Catalog

**VISIT US AT  
THE SHOREVIEW  
COMMUNITY CENTER,  
WHERE IT IS ALWAYS  
80° AND SUNNY**

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<b>City Hall</b>	651.490.4600
<b>Community Center</b>	651.490.4700
<b>Parks and Recreation</b>	651.490.4750
<b>Building Permits</b>	651.490.4690
<b>Code Enforcement</b>	651.490.4687
<b>Forestry</b>	651.490.4650
<b>Human Resources</b>	651.490.4619
<b>Planning and Zoning</b>	651.490.4680
<b>Recycling</b>	651.490.4650
<b>Sewer &amp; Water Maint/Svcs</b>	651.490.4661
<b>Streets</b>	651.490.4671
<b>Utility Billing</b>	651.490.4630

## Police

Police protection is provided by the Ramsey County Sheriff's Department. The District Office is located at 1411 Paul Kirkwood Drive, Arden Hills, MN 55112.

**For non-emergencies call 651.484.3366**

**For emergencies call 911**

## Fire

Fire protection is provided by the Lake Johanna Fire Department.

**For emergencies call 911 Dispatch**

**Non-emergency 651.767.0640**

## City Officials

### Sandy Martin, Mayor

444 Lake Wabasso Court

Office: 651.490.4618

sandymartin444@gmail.com

### Emy Johnson, Council Member

4700 Lorinda Drive

Home: 651.490.9779

emyjohnson26.2@gmail.com

### Terry Quigley, Council Member

1212 Silverthorn Court

Home: 651.484.5418

tquigley@q.com

### Ady Wickstrom, Council Member

1252 Silverthorn Drive

Home: 651.780.5245

ady@adywickstrom.com

### Ben Withhart, Council Member

275 Demar Avenue

Home: 651.481.1040

Cell: 952.292.4866

benwithhart@yahoo.com

### Terry Schwerm, City Manager

Office: 651.490.4611

tschwerm@shoreviewmn.gov

## Access Shoreview

Sign up to receive our online newsletter that is sent after each City Council Meeting with City news and events. Visit the City's website at [www.shoreviewmn.gov](http://www.shoreviewmn.gov)

## Allied Waste Services Recycling in 2013

Allied Waste will recycle all plastics #1 - #7. The following are a few helpful reminders for residents:

1. All soft drink and water bottles can be recycled. Leave the bottle caps ON bottles.
2. Household cleaning product bottles are accepted. Bottles must be emptied and cleaned.
3. Plastic bags can be recycled. Place all bags inside one of the bags.
4. Yogurt containers, margarine tubs, food containers and ketchup bottles are accepted. Rinse containers clean.

<b>YES!</b> These items <b>CAN</b> be recycled	<b>NO!</b> These items <b>CANNOT</b> be recycled
<p>YES! Newspapers &amp; newspaper inserts</p> <p>YES! Magazines &amp; catalogs</p> <p>YES! All junk mail &amp; envelopes</p> <p>YES! Office &amp; school paper</p> <p>YES! Phone books</p> <p>YES! Cereal &amp; cracker boxes</p> <p>YES! Brown paper bags</p> <p>YES! Aluminum, steel &amp; tin cans</p> <p>YES! Glass bottles &amp; jars</p> <p>YES! Bottles &amp; Caps</p> <p>YES! Plastic food containers, tubs &amp; bowls</p> <p>YES! Milk jugs &amp; milk cartons</p> <p>YES! Plastic bags from retailers</p> <p>YES! Juice boxes &amp; other paper cartons</p>	<p>NO Garbage</p> <p>NO Food waste</p> <p>NO Food-tainted items</p> <p>NO Paper towels or paper napkins</p> <p>NO Pizza boxes</p> <p>NO Egg cartons</p> <p>NO Wax-coated cartons</p> <p>NO Ice-cream cartons</p> <p>NO Aluminum foil</p> <p>NO Styrofoam cups/plates or packaging</p> <p>NO Aerosol cans, propane tanks or helium tanks</p> <p>NO Batteries</p>



ALLIED WASTE SERVICES

A REPUBLIC SERVICES COMPANY

**Allied Waste Services**  
recycles these items and more

If a pick up is missed, contact  
Allied Waste at 952-941-5174

Not sure on an item? Don't Guess. Visit [www.alliedwasteminnesota.com](http://www.alliedwasteminnesota.com)



## A Tribute to Councilmember Blake Huffman

At its December 17, 2012 meeting, the City Council recognized and thanked former Councilmember Blake Huffman for his 16 years of service on the Shoreview City Council. According to Mayor Sandy Martin, "Blake has always been a strong proponent of development, redevelopment and creation of jobs in the City." During his tenure, the Rice Creek Corporate Park and Village at Rice Creek were developed and the City undertook its first major redevelopment project – the Shores senior housing at Lexington Avenue and County Road D.

More recently, Blake served as President of Shoreview's Economic Development Authority (EDA) and was actively involved in projects such as the PaR Systems relocation and expansion, TSI, Inc. headquarters expansion, and the new Red Fox Road retail development that brought Chipotle, LeeAnn Chin, and Five Guys restaurants to Shoreview. Other noteworthy projects that were accomplished while Blake served as Councilmember include the Community Center expansion and renovation, Sitzer Park redevelopment, and the City's Street Rehabilitation Program.

A Shoreview resident for nearly 20 years, Blake is a graduate of Mounds View High School and Bethel University. He currently works as Vice President-Strategy at Wells Fargo Home Mortgage and is also Board of

Directors President of the local non-profit Shoreview Area Housing Initiative. Blake and his wife Joy have six sons.

Even though Blake is leaving the City Council, he will continue to serve residents of Shoreview and the entire north suburban area as Ramsey County District 1 Commissioner. He was elected to this position during the November 6, 2012 general election.

*Blake has always been a strong proponent of development, redevelopment and creation of jobs in the City."*

— Mayor Sandy Martin

"It has been a privilege to serve on the City Council for the past 16 years, and I take great pride in our many accomplishments that have made Shoreview a great place to live, work and play," said Blake. "I am very excited to continue serving both Shoreview and other north metro suburban residents in my new role as your County Commissioner."

"I have truly enjoyed working with Blake the past 16 years and have great respect for his principled, yet pragmatic, approach to issues," said Mayor Martin. "I look forward to the continuation of our productive working relationship in his new role as County Commissioner."



## Meet the City Council



### Mayor Sandy Martin

#### **Accomplishments**

- Elected Mayor in 1996
- Current term expires 12-31-2014
- Bachelor of Arts in Humanities from the University of Minnesota

#### **Past Leadership**

- City Council from 1989-1993
- Planning Commission member and chair for 15 years

- Grass Lake Water Management Organization
- Executive Board of Ramsey County League of Local Governments
- Boardmember and Chair of the Northwest Youth and Family Services

#### **Current Service**

- Regional Council of Mayors: Co-Chair
- Delegate to Municipal Legislative Commission
- Northwest Youth and Family Services, Leadership Luncheon Committee
- Shoreview Community Foundation – Advisory Board
- St. Paul Urban Tennis, Board of Directors

#### **Honors**

- 2011 C.C. Ludwig Recipient
- Outstanding Leadership: North Suburban Gavel Association
- Outstanding Service to Youth: Northwest Youth and Family Services
- Outstanding Public Service from Friends of the Parks and Trails in Ramsey County

#### **Elected to**

- Hall of Fame: United States Tennis Association Northern Section

#### **Personal**

Enjoys most outdoor activities with a special emphasis on tennis, golf and skiing. Co-Founder and past chair of the St. Paul Urban Tennis Program, which is a non-profit organization serving disadvantaged youth in St. Paul. Mother of four adult children: Lisa, Craig, Wade, and Ryan. Grandmother of Carly, Abbey, Grant, Tosh, Elle, Rhys and Tobin.



### Emy Johnson

#### **Accomplishments**

- Elected to City Council in 2012
- Senior Business Partner – Assets Protection: Target Corporation
- Public Policy Fellow, Humphrey School of Public Affairs
- Graduate of Saint Mary's University - Bachelor's in Police Science

#### **Current and Prior Community Service**

- Shoreview Economic Development Authority
- Shoreview Community Foundation
- Upper Midwest Security Alliance
- Ralph Reeder Food Shelf
- Shoreview Night to Unite, Community Organizer
- Little Lights Preschool Board Member
- Wines to Wishes Co-Founder (Annual School Fundraiser)
- Big Brothers Big Sisters Youth Mentor
- 15-year Shoreview resident

#### **Personal**

- Married to Scott Johnson for 15 years with three children
- Avid Marathon Runner
- Favorite pastimes include entertaining and camping with family and friends



### Terry Quigley

#### **Accomplishments**

- Appointed to City Council in 2001
- Elected to City Council in 2002, 2006 and 2010
- Current term expires 12-31-2014
- 39 years with the Deluxe Corporation. Retired in 1995 as Vice President, Human Resources
- Planning Commission, member and Chair, 1973-1980

- Economic Development Commission, 1988-1994

#### **Current and Prior Community Service**

- Planning Commission
- Economic Development Commission
- Economic Development Authority
- Director, Wildlife Science Center
- Reading Coach, Mounds View District #621
- Director, Presbyterian Homes of Minnesota
- Director, Junior Achievement
- Director, American Lung Association of Minnesota
- Guardian Ad Litem, 2nd Judicial District

SHOREVIEWS • FOR INFORMATION CALL 651-490-4600

**"Meet with the Mayor" on most**

**Tuesday afternoons from 3 to 5 p.m. at City Hall**  
**to discuss your issues and concerns.**

**Call 651.490.4610 to confirm schedules.**

**Residents may schedule an appointment with**  
**the Mayor at 651.490.4618.**



- Mediator, Department of Defense
- Chair Emeritus, Employer Support of the Guard and Reserves
- Minnesota Planning Agency, Environmental Quality Board

#### Personal

Married to Kay. They have six grown children and 15 grandchildren. Hobbies include reading, tennis, trapshooting and scuba.



#### Ady Wickstrom

##### Accomplishments

- Elected to City Council in 1996
- Current term expires 12-31-2016
- Shoreview resident since 1983
- Earned a business degree from the University of Minnesota
- Retired, formerly employed by Deluxe Corporation, Fair Isaac and League of Women Voters of Minnesota

#### Current and Prior Community Service

- Environmental Quality Committee
- Bikes and Trailways Committee
- League of Minnesota Cities Improving Service Delivery Committee Chair
- Metro Cities Transportation Committee
- Metro Cities Metropolitan Governance Committee Chair
- Grant Evaluation and Ranking System (GEARS) Committee
- Liaison from GEARS to the Counties Transportation Improvement Board
- 621 Foundation Trustee
- Arden Hills/Shoreview League of Women Voter (past President)
- Arden Hills/Shoreview Rotary (past president and Community Service Director)
- Bike a thon for Healthy Youth (past Chair)
- Coalition for Healthy Youth
- North Suburban Communications Commission
- League of Women Voters of Minnesota Webmaster and Board
- League of Women Voters of Minnesota Technology, Communications and Voter Service
- League of Women Voters of Minnesota State Spending, Unicameral Legislature, and Immigration Study Committees
- Northwest Youth and Family Services Development Committee
- Ramsey County League of Local Government Board Member

**The Council meets the first and third Monday of each month at 7 p.m. in the City Council Chambers at City Hall. If a regular Monday meeting falls on a holiday, it is rescheduled to Tuesday evening. The City Council meetings are broadcast live and re-broadcast on Shoreview Channel 16.**



#### Ben Withhart

##### Accomplishments

- Appointed to the City Council 2007
- Elected to the seat in 2008 and 2010
- Current term expires 12-31-2014
- Elected to two terms on Shoreview City Council in the 1990's
- Shoreview resident since 1985
- Executive Director and CEO of Senior Community Services since 1981

#### Current and Prior Community Service

- City of Shoreview Planning Commission
- Shoreview Community Foundation
- Vote Yes! Committee for building the City of Shoreview trail system, Community Center and upgrading each neighborhood park
- Ramsey County Parks and Trails Council
- MN Master Plan Committee for the State Park System
- United Way (Board of Directors) and (President of the Council of Agency Executives)
- Eldercare Partners (Chairman of the Board)
- 621 Foundation
- Gillespie Center (Board of Directors)
- Shoreview Community Foundation
- North Metro Football Coach
- Assistant Scoutmaster
- Minnesota Leadership Council
- Metropolitan Area Agency on Aging (Board of Directors)
- M.A.P. (Management Assistance Project) (Board of Directors)
- Municipal Legislative Commission (Chairman)
- Lake Johanna Fire Department Retirement Board
- Metropolitan Meals on Wheels (Treasurer, Board of Directors)

## Economic Development Starts at Home *City Focuses on Retention and Growth*

Recognizing that Shoreview was reaching a stage of maturity as a nearly fully-developed community with limited commercial land available for new economic development, the City has established a new strategic plan for fostering continued economic growth by focusing on retaining and growing our existing key businesses. By adopting the Shoreview Business Retention and Expansion (BRE) Program, the City Council developed a comprehensive, proactive plan to strengthen City relationships with the local business community – especially our key landmark and emerging companies deemed critical in providing significant jobs and economic tax base that benefit Shoreview's overall quality of life.

The Shoreview BRE program was created by the City Council, through the work and recommendations of the advisory Economic Development Commission, based on several economic factors:

- Local business and industry provide the economic foundation that supports the City's high quality of life
- Shoreview has transitioned from a growing suburb to a redeveloping community
- Limited vacant land availability necessitated a new approach to growing business, creating jobs, providing services, and expanding tax base
- Reinvestment and redevelopment have become key components to the long-range strategic economic plan



*PaR Systems, a world leader in robotics technology systems for material handling and automation, is constructing a new manufacturing facility on their headquarters campus on County Road E West near I-694. The new space of over 43,000 square feet will support continued company growth, and include crane bays of 65-feet high and 36-feet below ground to accommodate production of large specialty equipment for assisting with nuclear decontamination projects such as Chernobyl and Fukushima.*

*PaR Systems has 170 employees in Shoreview, and over 450 at locations worldwide. The new facility should be open by spring of 2013.*



*TSI Incorporated is undertaking a 58,000 square foot expansion to their headquarters-manufacturing facility in the Cardigan industrial park. The \$7 million project should be completed by June, 2013 and is expected to bring 180 new jobs over the next several years. TSI is a global leader in the design and production of precision instruments measuring health and safety air quality, biological detection, aerosol science. The company employs 440 in Shoreview and 560 world-wide.*

Since the adoption of the BRE program several years ago, teams consisting of the Mayor, City Council members, Economic Development Commission members, and City staff have conducted over two dozen in-person visits to our top businesses to better understand their concerns and needs to succeed and grow in Shoreview. A number of these business visits have resulted directly in business retention and expansion projects through private-public partnerships developed between the City government and our businesses.

The City Council and Economic Development Authority have helped with recent efforts to expand several key local companies such as PaR Systems and TSI, Incorporated, through leveraging special economic development funding resources. This will bring hundreds of new highly-skilled jobs and additional tax base. Cummins Power Generation, a global multi-billion dollar enterprise, moved to Shoreview this past year and opened their new world headquarters facility with over 600 employees.

New retail development is transforming the Red Fox Road area near Interstate 694 and Lexington Avenue, including the demolition and clean-up of an old gas/service station for a TCF Bank and a phased retail center project that has brought additional dining choices in restaurants such

## *with Existing Businesses*

as Chipotle, Leann Chin, and Five Guys Burgers. A Trader Joe's specialty market store is expected to anchor this new retail center by opening in 2013.

For many years, Shoreview was known primarily as home of Deluxe Check Printers – the largest and primary local employer. Over the past decade, the City has experienced significant economic development, led by the 200-acre Rice Creek Corporate Park in the northwest corner of Shoreview. This has provided a diverse and strong business community that has broadened our employment and commercial tax base. According to the Metropolitan Council, employment in Shoreview has more than doubled over the past two decades, with currently over 12,000 jobs in the community. This strong local economy and positive business climate have been key contributors to the City of Shoreview attaining its AAA bond rating.

While Shoreview fortunately remains the home base for Deluxe Corporation, the City has many other major companies that employ thousands of highly-skilled people and that conduct business throughout the world. Top-ranked employers in Shoreview also include Cummins Power Generation, DJO Global-Empi, Fiserv Corporation, Hill-Rom, Land O' Lakes, TSI Incorporated, Wells Fargo Corporation, and Westinghouse-PaR Nuclear.

As leaders in medical technology, finance, robotics, instrumentation, and manufacturing, many of our top businesses not only provide jobs and generate tax base, but generously contribute to their community and have employees who live and shop in the area.

Led by the City Council, the City of Shoreview – with support from the Economic Development Commission and Economic Development Authority – is committed to continuing implementing and expanding the BRE program and other strategic economic plans to enhance these important local business relationships. The City will continue to be proactive and responsible to ensure that Shoreview sustains and protects a strong, healthy, and positive business climate, promoting continual economic development, business growth and reinvestment in the community.

## BUSINESS SPOTLIGHT



Shoreview-based Lion Precision, founded in Boston in 1958, was acquired and moved to the Twin Cities in 1986. The company manufactures high-resolution noncontact displacement sensors. In simpler terms, Lion Precision makes sensors that measure an object's position at a very small scale – for example, if you split a human hair one million times you are at the scale of their accuracies (one nanometer).

Since moving to Shoreview, Lion Precision has grown from a \$500,000 to a \$5 million dollar a year company, employing approximately 35 workers.

The sensors are used by NASA, 3M, Boeing, Canon, and others in applications ranging from the production of semiconductor wafers for computer chips to the manufacturing of airplane wing frames.

In 2012, the National Association of Manufacturers recognized Lion Precision with the Sandy Trowbridge Award for Excellence in Community Service. The award honors a company demonstrating "exemplary leadership in serving its community."

Lion Precision has a long history of community involvement. Employees generously volunteer their time to the Feed My Starving Children organization to help feed children in 60 countries around the world. Employees also lend their time to Habitat for Humanity activities and numerous other causes important to them in the St. Paul area. As part of their efforts, Lion Precision also provides financial support to other local humanitarian organizations to assist the homeless and struggling families.

The City of Shoreview is proud to have Lion Precision in the community!

For more information about Lion Precision visit [www.lionprecision.com](http://www.lionprecision.com)



## From Sixth Graders to Seniors: Building a Community for all Ages

The City of Shoreview and Ecumen, a provider in senior services, partnered together to create a Community for the Ages dialogue on Oct. 25. With more than 60 participants, the event gathered information on the question, “As the population of Shoreview ages, does our community need to look the same, or different?”

In Shoreview, a growing percentage of our residents are senior citizens. Across the country –and the world – this same demographic trend has brought about the notion of a need for an “age-friendly” community. The conversation gathered participants’ ideas about what it means to be age-friendly, how well Shoreview meets that definition, and whether there are things we can do to better support people of all ages.

The City invited community leaders from the various levels of government, school districts, local business, non-profit agencies, and residents to offer wide-ranging perspectives on this very important topic. They identified the following characteristics to define what “age-friendly” means for Shoreview:

- The opportunity for all to live to their fullest potential
- Feeling welcome and valued
- Housing, built environment and services that accommodate all ages



*The Imaginative Orange Pi Guys Lego team (Andrew Springhorn, Joey Bushagour, David Nara, Katie Hahn, Kate Hansen and Ben Gardner) presented their award-winning project, “Sharing Hands,” on Nov. 29 at a second event sponsored by Ecumen.*

Also in attendance were the Imaginative Orange Pi Guys (Andrew Springhorn, Joey Bushagour, David Nara, Katie Hahn, Kate Hansen and Ben Gardner), a team of sixth graders from Chippewa Middle School and participants in the FIRST LEGO League. At the second event sponsored by Ecumen, held Nov. 29, the Imaginative Orange Pi Guys

presented their research project, Sharing Hands. Part of their League challenge was to explore an actual program that today’s scientists and engineers are trying to solve – and this year, the topic was on “Senior Solutions” (how to prepare upcoming aging boomers). Participating in a competition, the Imaginative Orange Pi Guys won the first place award for their Sharing Hands – which is a volunteer program matching youth with the needs of seniors in the community.

“I attribute this success to the kids’ hard work and the collection of insights they got from the Community for All Ages Dialogue,” said team coach, Cory Springhorn.

Ecumen and the City continue to help participants create tasks or projects to help Shoreview become a Community for All Ages. If you missed one or both events, but are interested in helping, contact Tessia Melvin at [tmelvin@shoreviewmn.gov](mailto:tmelvin@shoreviewmn.gov) or 651.490.4613.

### Shoreview Human Rights Commission

## ONE COMMUNITY OF MANY COLORS

### Poster Contest

Winners will be announced  
at the February 20 City Council Meeting  
and broadcast on CTV Channel 16.





## Be a Good Neighbor: Don't Feed Wildlife

Shoreview is fortunate to have an abundance of park and open space areas that allow many varieties of wildlife to live in the City. This allows residents to see deer, fox, geese, ducks, wild turkeys and other wildlife.

However, this wildlife can often become a nuisance for property owners and in neighborhoods if their populations become too concentrated in an area where there are not enough natural habitats. This concentration of wildlife in a certain area often happens when homeowners either intentionally or unintentionally feed wildlife.

Shoreview's City Code prohibits the feeding of wildlife in the City. The City Code does allow for the feeding of songbirds, as long as it is done from a bird feeder placed at sufficient height or is designed to prevent access by wild animals. Many groups, including the Humane Society of the United States, either discourage or oppose the feeding of wildlife. Some key reasons include:

- Foods not formulated for animal consumption are rarely nutritionally adequate for wild animals and may cause serious health problems.
- Wildlife that becomes dependent on human food source

often gathers in abnormally large numbers, which can spread disease in the animals.

- Feeding causes wildlife to lose their natural fear of people, and some animals can become aggressive towards people, particularly during breeding season.
- Providing food to wildlife in residential areas can lead to property damage such as damage to trees, plants, gardens, and in some cases, homes and automobiles.
- Pets, particularly dogs, can potentially become involved in altercations with wildlife, exposing both the wildlife and the pets to injury and/or disease.



## Shoreview Expands Green Community Awards Program

The City of Shoreview is a great place to live. Our clean environment and general quality of life helps attract and keep new residents and businesses. The City has a tradition of environmental concern and involvement by its citizens.

Beginning in 2013, the City will broaden its existing Green Community Awards program to include more opportunities to involve and recognize citizens and businesses that show a commitment to improving our environment.

For the past six years, the Shoreview Green Communities Awards program has recognized individual landowners' efforts to improve water quality by installing rain gardens, rain barrels, and buffer strips, among things.

The new award program will recognize individual and corporate efforts in three general areas: Water, energy, and general initiatives. Many activities will be considered in this award program. In addition to the current best management practices for water quality, the new program will also consider improvements such as the installation of renewable energy (geothermal, solar, or wind), switching to off-peak energy use, innovative or effective recycling and composting efforts, green remodeling, and other personal

or corporate behaviors that demonstrate leadership and commitment to improving our environment.

The goal of the program is to inform, motivate, and educate Shoreview residents by highlighting conservation practices that display innovation, conservation leadership, and activities that can be expanded to a larger number of households or businesses in Shoreview.

More information about the Green Communities Awards Program will be available in the months ahead, including a timeline and application procedures. If you have any questions, contact Jessica Schaum, Shoreview Environmental Officer, at 651.490.4650.



## Electronic Waste: Out with Old



The holidays are over, and a new year has begun – time for “out with the old, and in with the new” – and now you’re wondering what to do with your old, outdated and unwanted electronics. Here are just a few examples of some that can be recycled:

- Televisions
- Computers: central processing units (CPUs), monitors and laptops
- Computer keyboards, speakers, printers and other peripherals
- VCRs, DVD players and stereo systems
- Fax machines

### Know What to Throw

TVs and computer monitors with a CRT (cathode ray tube) contain toxic substances like lead. It is illegal to throw them in the trash.

- Audio and video equipment like video game systems and MP3 players

Recycling options for electronics include our Spring and Fall Cleanup Days (held every May and October), manufacturer take-back programs, the [www.WeRecycle.com](http://www.WeRecycle.com) free mail-in program, local electronics recyclers and curbside pickup by some trash haulers. Visit [shoreviewmn.gov](http://shoreviewmn.gov) online or call 651.490.4665 to learn more about upcoming cleanup events and curbside pick-up options.

Electronics manufacturers are required by Minnesota Law to set up electronics recycling programs. In Ramsey County, manufacturers have worked with several private businesses to provide this collection service. Call the manufacturer of your electronic device to inquire about recycling options.

For more information, call 651.633.EASY (3279) or visit [RamseyAtoZ.com](http://RamseyAtoZ.com) online.

*(Information from Ramsey County's **Going Green** guide)*

## Electronics Recycling Options

The following businesses in Ramsey County accept electronics for recycling. Call ahead to verify items accepted, hours and fees. FREE recycling options are accurate at the time of printing, but can change (from the **Going Green** guide, Ramsey County)

COMPANY	ADDRESS	WEBSITE	PHONE
Arrow - Asset Recovery	2299 Territorial Road, St. Paul	<a href="http://www.assetrecoverycorp.com">www.assetrecoverycorp.com</a>	651.602.0789
Best Buy -FREE!	1795 County Road D E, Maplewood 1643 County Road B2, Roseville	<a href="http://www.bestbuy.com/ecycle">www.bestbuy.com/ecycle</a> <a href="http://www.bestbuy.com/ecycle">www.bestbuy.com/ecycle</a>	651.704.1901 651.746.0538
Eco Recycling Solutions – FREE!	2360 County Road J, White Bear Lake	<a href="http://www.ecorecyclingsolutions.com">www.ecorecyclingsolutions.com</a>	866.843.2318
Office Depot	1615 W. County Road C, Roseville	<a href="http://www.officedepot.com">www.officedepot.com</a>	651.631.2020
Retrofit Recycling	2960 Yorkton Blvd, Little Canada	<a href="http://www.retrofitcompanies.com">www.retrofitcompanies.com</a>	800.795.1230
Staples – Computers – FREE!	2100 N. Snelling Dr. #42, Roseville	<a href="http://www.staples.com">www.staples.com</a>	651-633-1034



## The 2013 Winter Speaker Series:

## Our Neighborhoods, Our Environment

January 16



## What Happens to our Recycling?

**Wayne Gjerde**  
MN Pollution Control Agency

Most of us don't realize that recycling creates more than \$8 billion in economic activity in MN each year. Thousands of manufacturers are using the material you put at the curb to make their new products. You may be surprised when you find out what gets made in Minnesota using your recyclables.

February 20



## How Can you Reduce Energy Consumption in your Home?

**John Suzuki**  
EOC Committee Member

It starts with understanding how much energy you use and where you use it, learn different energy efficiency actions that you can take in your home, with a practical discussion on their cost and payback.

## March 20



## Trees: The Good, the Bad, and the Ugly

**John Moriarty**  
Ramsey County Parks

Learn about the use of native trees in landscaping. Find out how to control tree damaging insects and diseases. Gather information on invasive tree species, their effect on natural habitats and their control. Recent Ramsey County Parks restorations and plantings will be used as examples.

April 17



## Where does our water come from?

**Tony Runkel**  
Minnesota Geological Survey

What does drought mean for the underground sources of water that supply Shoreview & the Twin Cities with most of its potable water? Discover how water replenishes aquifers, how old the groundwater is, and how it moves through rock layers deep beneath the land surface. What are the most pressing issues for environmental management? Pick up handouts on reducing your water use.

**Starts at 7pm in the Shoreview City Council Chambers**

Call 651-490-4665 for more information

# Solving Ice Dams

Although sometimes thought of as a problem with roofing or attic ventilation, ice dams are actually caused by the presence of warm air in the attic, combined with snow on the roof and the right weather conditions. Ice dams occur when heat leaks into the attic and melts the underside of the snow on the roof. The melted snow then flows down the roof surface until it reaches a cold spot (such as the eaves or soffit) where it forms a frozen dam, behind which more snowmelt and ice pile up. The ice build-up can back up under the shingles, damaging them and allowing water to leak to the ceilings and walls below.

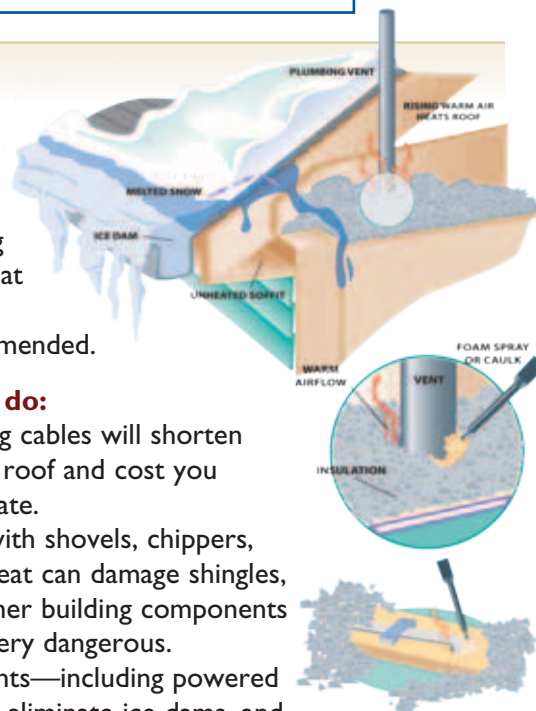
## The source of ice dams: attic air leaks

Warm air leaking from the house into the attic is the primary cause of ice dams. Anywhere there is a penetration into the attic space (around wires, plumbing vents, light fixtures, chimneys, knee walls) there is the potential for air leaks. Even homes that are only a few years old may not be properly sealed. To avoid these types of problems and eliminate most ice dams, attic air leaks must be sealed with caulking or expanding spray foam.


## Solutions

- Sealing attic air leaks saves energy and is key to preventing ice dams.
- An energy audit with an infrared scan can pinpoint trouble spots.

- If damage has occurred and ice must be removed, hiring professionals that use steamers is strongly recommended.



## What NOT to do:

- Installing heating cables will shorten the life of your roof and cost you money to operate.
  - Removing ice with shovels, chippers, chemicals, or heat can damage shingles, gutters, and other building components—and can be very dangerous.
  - Adding roof vents—including powered vents—will not eliminate ice dams, and often makes the problems worse.
  - Additional insulation—especially on the top plate of exterior walls—can reduce heat transfer to the roof deck, but insulation alone is insufficient. Typical attic insulation will not stop air leaks or prevent ice dams.
- 
- A diagram illustrating the formation of an ice dam on a roof. The top part shows a cross-section of a roof with a layer of insulation labeled 'INSULATION'. Below the insulation, a blue arrow indicates heat escaping from the interior. The bottom part shows a cross-section of a roof with a layer of insulation labeled 'INSULATION'. Below the insulation, a blue arrow indicates heat escaping from the interior. The bottom part shows a cross-section of a roof with a layer of insulation labeled 'INSULATION'. Below the insulation, a blue arrow indicates heat escaping from the interior. The bottom part shows a cross-section of a roof with a layer of insulation labeled 'INSULATION'. Below the insulation, a blue arrow indicates heat escaping from the interior.

Visit **energy.mn.gov** online for more information.

Information from the Minnesota Department of Commerce Office  
of Energy Security

### Collapse Your Cardboard

As part of the City's recycling program, a large dumpster is available to Shoreview residents to recycle cardboard items. To prevent the hauler from making additional trips, please make sure to collapse any cardboard boxes before dropping them off. The cardboard recycling drop-off is located at the Shoreview Library parking lot at 4570 Victoria Street North.



### Reduce Your Use of Salt this Winter

Did you know that all the salt applied to our roads, sidewalks and driveways remains in our lakes, rivers and other water bodies forever? It's true: As snow and ice melt, they drain into storm sewers and then to our natural bodies of water. Salt and chlorides do not degrade in the environment, and there is no cost-effective way to remove them once they are in our waters.

Extreme levels of chlorides can severely damage the ability of plants to absorb water and nutrients. Fish and other organisms are then impacted by the decline in habitat. Aside from harming the ecosystem, overusing salt this winter can damage residential grass, gardens and trees, which can reverse beautification efforts you have made.



The City keeps roads and parking areas free of ice and snow by using a salt brine when temperatures and conditions are favorable - which works more quickly and at lower temperatures than does dry salt, with less waste. Using less salt overall saves money and exposes the environment to fewer toxic chemicals.

Here are a few things you can do on your own property to reduce the negative impacts of salt:

- Shovel (or use a snow blower) before you use any product; never put a deicing product on top of snow.
- Adopt the "just enough" principle – putting down just enough product to keep high traffic areas clear of ice. You should never need salt crystals overlapping each other - sprinkle it on so that the salt crystals are scattered about 3 inches apart from one another. With more than that, you are throwing away money and contributing to extra pollution.
- Sweep up un-dissolved salt after a storm is over, and later reuse it (also saving money)
- Consider switching to a non-chloride deicer
- Inform a neighbor about the impacts that salt has in our streams and rivers

*(Information from Rice Creek Watershed District)*

### Cross Country Skiing in Shoreview

Shoreview has a beautiful marked and groomed 5K cross country ski trail, maintained by Ramsey County in the Snail/Grass Lake area of the Vadnais-Snail Lakes Regional Park. There are two loops through woods and marshland, ranging from beginner-level to more difficult. They are classic two-way and one-way trails.

Visitors can access the trail from the large picnic pavilion parking lot off Snail Lake Blvd., open daily from sunrise to sunset. These trails are dedicated to cross-country ski use only, and no pets are allowed. A Minnesota State Ski Pass

is required and can be obtained online, by phone, or in-person from the Department of Natural Resources. Maps, rates, and more information can be found at <http://www.dnr.state.mn.us/licenses/skipass/index.html>





**Shoreview Human Rights Essay Contest for 6-8 graders**  
**Co-Sponsored with MN League of Human Rights**  
**Prizes**  
**First: \$500**  
**Second: \$350**  
**Third: \$200**  
**See City website for details.**  
[www.shoreviewmn.gov](http://www.shoreviewmn.gov)

## Change Someone's Life This Year

By connecting youth and adults in search of work with seniors in need of help, Northwest Youth & Family Services (NYFS) helps older adults live independently in their homes for as long as possible. Workers assist seniors with basic services such as housekeeping and lawn care, as well as seasonal activities such as snow shoveling and leaf raking.



For more information, contact: Debbie Wells, Senior Chore and Volunteer Coordinator at 651-379-345. Visit the NYFS website at [www.nyfs.org](http://www.nyfs.org).

## Get Involved with Neighborhood Watch



Neighborhood Watch (NW) is an association of neighbors who contribute to the safety and security of their neighborhood by working together with the Ramsey County Sheriff's Office.

Together, the

Sheriff's Office and the neighborhood volunteers work to implement the principles of crime deterrence and detection while encouraging the active reporting of crimes and suspicious activity.

Neighborhood Watch is designed to:

- Teach citizens techniques to reduce the risk of being victimized at home or in public.
- Train citizens on how to recognize and report suspicious activities.
- Help neighborhoods to make homes more secure.
- Show citizens how to properly mark property to identify it.
- Allow neighbors to get to know each other so that any

out of place activity can be recognized, reported, and investigated.

- Develop a cohesive body of concerned citizens addressing issues concerning the entire community.

**To learn more about Neighborhood Watch, please visit Ramsey County's website at <http://www.co.ramsey.mn.us/sheriff/crimeprevention/watch.htm>.**

Neighborhood Watch was launched in 1972 by the National Sheriff's Association as a vehicle for citizens to organize themselves and work with law enforcement. The concept traces its roots back to the days of colonial settlements when night watchmen patrolled the streets.

It should be noted Neighborhood Watch is not a vigilante force working outside the normal procedures of law enforcement; is not designed for participants to take personal risks to prevent crime; and participation in the program is not a 100% guarantee that crime will not occur in your neighborhood.

**Save the Date: 2013 Night to Unite**  
**Tuesday, August 6, 5 pm to 9 pm**

# Candle Safety

Candles may be pretty to look at but they are a cause of home fires — and home fire deaths. Remember, a candle is an open flame, which means that it can easily ignite anything that can burn.



## "CANDLE WITH CARE"

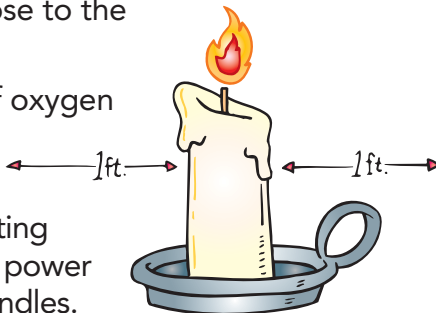
- » Blow out all candles when you leave the room or go to bed. Avoid the use of candles in the bedroom and other areas where people may fall asleep.
- » Keep candles at least 12 inches away from anything that can burn.

Think about using flameless candles in your home. They look and smell like real candles.



## IF YOU DO BURN CANDLES, make sure that you...

- » Use candle holders that are sturdy, and won't tip over easily.
- » Put candle holders on a sturdy, uncluttered surface.
- » Light candles carefully. Keep your hair and any loose clothing away from the flame.
- » Don't burn a candle all the way down — put it out before it gets too close to the holder or container.
- » Never use a candle if oxygen is used in the home.
- » Have flashlights and battery-powered lighting ready to use during a power outage. Never use candles.



## Candles and Kids

Never leave a child alone in a room with a burning candle. Keep matches and lighters up high and out of children's reach, in a locked cabinet.



## FACTS

- ! On average, a candle fire in the home is reported to a U.S. fire department every **40** minutes.
- ! More than **one-third** of home candle fires started in the bedroom.
- ! More than half of all candle fires start when things that can burn are too close to the candle.



**Your Source for SAFETY Information**

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

[www.nfpa.org/education](http://www.nfpa.org/education)



## Gallery 96 Exhibitions

Gallery 96 will be holding its spring exhibit at the Shoreview branch of the Ramsey County Library, 4570 N. Victoria Street during the month of May. It is an Artist's Choice showing: Each paid member of Gallery 96 is eligible to enter one piece in the show on any theme. The entries will not be juried, so everyone's entry will be accepted, but they will be judged for cash prizes.

The instructions and rules for entry will be in the Gallery 96 newsletter and on the Gallery 96 website. You must be a member to enter the show but membership starts at only \$25 per year. If you are not a member yet and would like to view the Gallery 96 newsletter, go to [www.gallery96.org](http://www.gallery96.org) and click on News.

## ARTiculators

Although not officially part of Gallery 96, the ARTiculators are a group of artists who meet every Monday morning from 10 to noon in the Shoreview Community Center Fireside Room to chat with each other and discuss new ideas in art. Sometimes a project develops and the group then works together as a group. Many of the artists do belong to Gallery 96, but it is not a requirement.

This is a great way to become acquainted with fellow artists and work together on projects. Attendance is not required every week. ARTiculators sessions are as good as attending class without grades – with chairs that are much more comfortable than the classroom type. Come join the group. It's free, loose in structure, and ideas abound.



*An opening night reception of the Gallery 96 Fall Show, "Shadows," was held Nov. 9 at the Ramsey County Library.*



### *Gallery 96 Art Discussions:*

*Second Tuesday of each month,  
7 to 9 p.m. at the  
Shoreview Community Center*

**Join the lively art discussions  
and friendly critiques of the  
artwork of members and others.  
All are welcome.**

**Upcoming 2013 dates:  
January 8, February 12, March 12,  
and April 9.**

## Fireside Room Exhibit

Next time you are in the Shoreview Community Center, stop by and see the works of Gallery 96 artists on display in the glass cases in the Fireside Room on the main floor of the building.

During the months of January through March 2013, we are having our fifth annual "Small Works" exhibition, featuring artworks of various mediums which are no larger than 7"x7" or 49 square inches. Gallery 96 members were invited to submit one item for the show, and cash awards ranged from \$7 to \$77.

## More Information

You can keep in touch with Gallery 96 Art Center and its programs through their website at [www.gallery96.org](http://www.gallery96.org) and through their quarterly newsletter. Other inquiries may be directed to:

Gallery 96 Art Center  
P.O. Box 270002  
Vadnais Heights, MN 55127

## SPRING FITNESS & SWIM LESSONS

### SPECIAL SPRING ISSUE

The spring fitness and swim lesson schedules are listed on the following pages. Special registration dates have been set for these classes and are stated below.

Registration for all other spring classes is currently open. You may register on-line, in person or by fax, mail, or drop-off. For a full listing of our spring programs, visit our website at [www.ShoreviewCommunityCenter.com](http://www.ShoreviewCommunityCenter.com) or stop in to pick-up the Winter ShoreViews.

### REGISTRATION SCHEDULE

*Registrations processed online are given immediate priority followed by in-person registration. Registrations received via mail, fax, or drop-off are processed as time permits.*

#### Shoreview Resident Priority

Shoreview residents are given first priority in registering for Parks and Recreation programs.

**Begins Monday, February 11 at 8 A.M.**

#### Annual Community Center Member Registration

**Begins Wednesday, February 13 at 8 A.M.**

#### General Registration

Anyone may register at this time. No residency or membership required.

**Begins Friday, February 15 at 8 A.M.**



# 5 EASY WAYS TO REGISTER

1. On-line at:  
[www.shoreviewcommunitycenter.com](http://www.shoreviewcommunitycenter.com)
2. Mail-in
3. Fax 651-490-4797 payment by credit card only
4. Drop-off
5. In-person



Scan with Smartphone to register.

#### Shoreview Parks and Recreation

4580 Victoria St. N | Shoreview, MN 55126 Office  
located on upper level of the Shoreview Community Center  
651-490-4750

[recreation@shoreviewmn.gov](mailto:recreation@shoreviewmn.gov)

[www.ShoreviewCommunityCenter.com](http://www.ShoreviewCommunityCenter.com)

#### Office Hours

Monday – Friday

8:00 A.M. – 4:30 P.M.





## SHOREVIEW PARKS AND RECREATION SWIM LESSONS

Shoreview Parks and Recreation swim lessons use a fun and imaginative approach to help students create a lifelong love of swimming. Students will learn new skills and build on skills previously learned, making each level progressive throughout the session.

We welcome students of all abilities to participate in our group lessons. Private lessons are also available for students who prefer individualized instruction. Our instructors participate in ongoing training sessions and are selected based on their desire to teach, their enthusiasm, and their swimming ability. Parent-instructor communication is vital to the success of each swimmer. Please contact the Aquatic Coordinator if there is anything your instructor can provide to maximize your swimmer's experience. Our mission is to provide an inclusive program for all.

The Community Center pool water temperature is kept between 83 and 84 degrees.

### Group Lessons

Rate for 8 group lessons: \$71; \$63 Shoreview Resident

These lessons will have 1 instructor to a maximum student ratio of:

PS	1 to 4
L1-L3	1 to 5
L4 & L5	1 to 6
L6 & L7	1 to 7

**Small  
Class Sizes**

Classes with more students will be assigned an aid to assist in instruction. All group lessons will meet 35 minutes for eight sessions. Star Fish lessons are 30 minutes. For more information on group lesson levels please refer to descriptions located to the right.

### Private Lessons (PR)

Ages 3 to Adult

Rate for eight, 30-minute private or semi-private swim lessons, available at set times.

\$142; \$130 Shoreview Resident

\$108; \$99 Shoreview Resident each for two participants of equivalent ability

Private or semi-private lessons are available. One-on-one attention may be just what is needed to advance levels or gain that confidence in the water. Private lessons are available for all levels, ages 3 to adult. Adults should contact the Aquatic Coordinator at 651-490-4766 to request an adult swim lesson instructor. Available private lessons are located on pages 19-21.

## FREE SWIM CHECKS

Do you know what level to sign up for? Stop by on one of the following days to find out! If you plan on staying for open swim starting at 12 P.M., please purchase a wrist band at the front desk. Swim checks take approximately 10 minutes.

Location: Shoreview Community Center Pool

Time: 11:00 A.M. – 12:00 P.M.

Saturday, March 16

Sunday, March 17

***If your child has had more than a 3 month break from swimming lessons, it is recommended to repeat the previous level as a refresher.***

## AQUATICS LEVEL DESCRIPTIONS

**Star Fish 1** Ages 9 Months to 24 Months

**Star Fish 2** Ages 24 Months to 36 Months

The Star Fish program is a parent/child program for swimmer and non-swimmer parents to promote water safety and water adjustment in a safe and secure learning environment. Each class will be geared toward the respective age group. One adult must accompany each child in the water.

**Manta Ray (MR)** Ages 2-1/2 – 4 years old

This class will introduce your child to group learning, gradually throughout the session. The first few weeks a parent will be accompanying their child in the water. As the child becomes more comfortable and confident, the parent will participate less throughout the class. This is a great class for those children looking for a more gradual introduction to group instruction, need additional one on one instruction, or have a fear of the water. The goal is to have each child comfortable in the water with an instructor and ready for group lessons.

- comfort with group instruction
- enter and exit independently
- front/back float with instructor support
- kicking on front/back with instructor support
- jumping in on instructor's cue
- submerging head



## Preschool (PS) – Jelly Fish

*Ages 3 and 4*

This level is an introduction to the pool, group learning and lessons without a guardian in the water. Little ones get comfortable and learn to enjoy activities in the water safely. Swimmers will learn the following:

- Comfort with group instruction
- Enter/Exit water independently
- Blow Bubbles
- Submerge face in water
- Front/back float with support
- Flutter kick on front/back with support

## Level 1 (L1) – Angel Fish

*Ages 4 or passed preschool level*

Level 1 offers the opportunity to learn basic exploration that leads to assisted swimming. Students must be comfortable in the water without parents and should come prepared to put their faces in the water for retrieving objects.

Swimmers will learn the following:

- Supported float on the front and back
- Supported kicking on the front and back
- Fully submerged face to retrieve objects underwater
- Front/back glides with support
- Swimmers will also receive an orientation to deep water with support

## Youth Beginner (YB)

*Ages 6 and over*

The youth beginner class is for ages 6 and older who are new to swim lessons or haven't taken them for several years. Students will be in class with other school-aged children and learn at a faster pace. Students can continue to take youth beginner until they reach a level that includes their peers.

## Level 2 (L2) – Sea Monkeys

The objective of Level 2 is to help swimmers successfully manage fundamental skills as they progress toward swimming unassisted. Swimmers must be comfortable on their own, fully submerged in an area they can touch. Swimmers will learn the following:

- To float and glide on front and back
- Integrate combined stroke on front and back, using kick and alternating arm action for 8 yards.
- Personal safety skills
- Flutter kick with support

## Level 2.5 (L2.5) – Otters

Level 2.5 bridges the gap between L2 and L3. Swimmers will focus on developing a strong flutter kick and balance in the water. Swimmers will learn the following:

- Flutter kick on front and back with support in deep water
- Front crawl
- Deep water



## Level 3 (L3) – Seals

Level 3 builds on skills by coordinating strokes and increasing endurance. Swimmers will learn the following:

- Coordinate front crawl
- Coordinate back crawl
- Elementary backstroke
- Treading water
- Flutter kicks and whip kick

## Level 4 (L4) – Sting Rays

Level 4 develops endurance in previously learned strokes and introduces the breaststroke. Swimmers will learn the following:

- Elementary backstroke
- Front and back crawl
- Breaststroke
- Treading water, 1 minute
- Open turns

## Level 5 (L5) – Dolphins

Level 5 refines coordination and increases endurance of keystrokes. Swimmers will learn the following:

- Elementary backstroke
- Front and back crawl
- Breaststroke
- Butterfly (introduction)

## Level 6 (L6) – Orcas

Level 6 polishes strokes to allow swimming with more ease, efficiency, power and smoothness over greater distances.

Swimmers will learn the following:

- Front and back crawl
- Breaststroke
- Sidestroke
- Butterfly
- Turns

## Level 7 (L7) – Sharks

- Endurance skills
- Personal water safety
- Stroke techniques
- Basic workouts

## Junior Lifeguard (JL)

*Ages 9+*

Join a professional lifeguard to learn about water safety, first aid techniques, and basic water rescues. At the end of the session you will have a better understanding of the work our lifeguards do on a daily basis. Youth will also participate in a variety of fun events such as: distance swim, swim relays, and rescue relays. See pages 19 and 21 for class options.



# COMMUNITY CENTER SWIM LESSON SCHEDULE

## SATURDAY

March 23 - May 18

No class March 30

Time	Level	Activity #
<b>Morning</b>		
8:15 AM	PR	230114-01
	PR	230114-02
	PR	230114-03
	PR	230114-04
	PR	230114-05
	PS	230111-01
	L1	230101-01
	L2	230102-01
	L2.5	230112-01
	YB	230113-01
9:00 AM	PR	230114-06
	PS	230111-02
	PS	230111-03
	L1	230101-02
	L1	230101-03
	L2.5	230112-02
	L2.5	230112-03
	L4	230104-01
	L5	230105-01
9:45 AM	PR	230114-07
	PS	230111-04
	L1	230101-04
	L2	230102-02
	L2.5	230112-04
	L2.5	230112-05
	L3	230103-01
	L4	230104-02
	L6	230106-01
	YB	230113-02
9:50 AM	SF 2	230110-01
10:30 AM	PR	230114-08
	PR	230114-09
	PR	230114-10
	PS	230111-05
	PS	230111-06
	L2	230102-03
	L2.5	230112-06
	L3	230103-02
	L4	230104-03
10:35 AM	SF 1	230110-02
11:15 AM	PR	230114-11
	PR	230114-12
	PR	230114-13
	PS	230111-07
	L1	230101-05
	L2	230102-04
	L3	230103-03
	L5	230105-02
	L7	230107-01
	JL	250305-02

## SUNDAY

March 24 - May 19

No class March 31

Time	Level	Activity #
<b>Morning</b>		
9:00 AM	PR	230114-14
	L1	230101-06
	L2	230102-05
	L2.5	230112-07
	YB	230113-03
9:45 AM	PR	230114-15
	PS	230111-08
	L1	230101-07
	L2	230102-06
	L3	230103-04
10:30 AM	PR	230114-16
	MR	230117-01
	L1	230101-08
	L2	230102-07
	L4	230104-04
11:15 AM	PR	230114-17
	PS	230111-09
	PS	230111-10
	L2.5	230112-08
<b>Evening</b>		
6:15 PM	PR	230114-18
	PS	230111-11
	L1	230101-09
	L2	230102-08
	L3	230103-05
	L5	230105-03
	SF 1 & 2	230110-03
6:55 PM	PR	230114-19
	MR	230117-02
	L1	230101-10
	L2	230102-09
	L2.5	230112-09
	L4	230104-05
	YB	230113-04

## MONDAY

March 25 - May 13

Time	Level	Activity #
<b>Morning</b>		
9:00 AM	L1	230101-11
9:40 AM	PS	230111-12
10:20 AM	L2	230102-10
<b>Evening</b>		
4:00 PM	PR	230114-21
	PR	230114-22
	PR	230114-23
	PS	230111-16
	L1	230101-15
4:45 PM	L2	230102-14
	MR	230117-05
	L1	230101-16
	L2.5	230112-12
	L2.5	230112-13
5:30 PM	L3	230103-06
	PR	230114-24
	PR	230114-25
	PS	230111-17
	L2	230102-15
6:15 PM	L2.5	230112-14
	L4	230104-06
	PS	230111-18
	PS	230111-19
	L2.5	230112-15
6:20 PM	L3	230103-07
	L5	230105-04
	SF 2	230110-06
	PR	230114-26
	PR	230114-27
7:00 PM	L1	230101-17
	L2	230102-16
	PR	230114-28
	PR	230114-29
	L2	230102-17

## AQUATIC KEY

SF1 – Star Fish 9-24 mths  
SF2 – Star Fish 24-36 mths  
MR Manta Ray  
PS Preschool  
L1 Level 1,2, etc...  
YB Youth Beginner  
PR Private Lessons  
JL Junior Lifeguard

## LESSON RATES

### 8 Lessons

#### Group

\$71; \$63 Shoreview Resident

#### Private

\$142; \$130 Shoreview Resident

#### Semi-Private

\$108; \$99 Shoreview Resident

(2 participants of equivalent ability)

# COMMUNITY CENTER SWIM LESSON SCHEDULE

## TUESDAY March 26 - May 14

Time	Level	Activity #
<b>Morning</b>		
9:10 AM	MR	230117-03
9:55 AM	L2	230102-11
10:40 AM	L1	230101-12
11:20 AM	PS	230111-13
<b>Evening</b>		
4:00 PM	PR	230114-30
	PR	230114-31
	PR	230114-32
	PR	230114-33
	L1	230101-18
	L2	230102-18
4:45 PM	PS	230111-20
	L1	230101-19
	L2	230102-19
	L2.5	230112-16
	L3	230103-08
5:30 PM	PR	230114-34
	PR	230114-35
	MR	230117-06
	L1	230101-20
	L2.5	230112-17
	YB	230113-05
6:15 PM	PS	230111-21
	PS	230111-22
	L2	230102-20
	L2.5	230112-18
	L3	230103-09
6:20 PM	SF 1	230110-07
7:00 PM	PR	230114-36
	L1	230101-21
	L2	230102-21
	L2.5	230112-19
	L2.5	230112-20
	L3	230103-10
7:45 PM	PR	230114-37
	PR	230114-38
	PR	230114-39
	PR	230114-40
	PR	230114-41
	YB	230113-06

## WEDNESDAY March 27 - May 15

Time	Level	Activity #
<b>Morning</b>		
9:10 AM	PS	230111-14
9:55 AM	L2.5	230112-10
10:40 AM	SF 1 & 2	230110-04
11:20 AM	L1	230101-13
<b>Evening</b>		
4:00 PM	PR	230114-42
	PR	230114-43
	L1	230101-22
	L2	230102-22
	L2.5	230112-21
4:45 PM	PS	230111-23
	L1	230101-23
	L2	230102-23
	L2.5	230112-22
	L3	230103-11
5:30 PM	PS	230111-24
	L1	230101-24
	L2.5	230112-23
	L2.5	230112-24
	L4	230104-07
	L5	230105-05
6:15 PM	PR	230114-44
	PS	230111-25
	L2	230102-24
	L2.5	230112-25
	YB	230113-07
6:20 PM	SF 1	230110-08
7:00 PM	L1	230101-25
	L2	230102-25
	L3	230103-12
7:45 PM	PR	230114-45
	PR	230114-46

## FRIDAY March 29 - May 17

Time	Level	Activity #
<b>Morning</b>		
9:10 AM	L1	230101-14
9:55 AM	MR	230117-04
10:40 AM	L2	230102-13
11:20 AM	SF 1 & 2	230110-05

## THURSDAY March 28 - May 16

Time	Level	Activity #
<b>Morning</b>		
9:10 AM	PR	230114-20
9:55 AM	L2	230102-12
10:40 AM	L2.5	230112-11
11:20 AM	PS	230111-15
<b>Evening</b>		
4:00 PM	PS	230111-26
	L1	230101-26
	L2.5	230112-26
	L3	230103-13
	YB	230113-08
4:45 PM	PR	230114-47
	PS	230111-27
	L1	230101-27
	L2	230102-26
	L2.5	230112-27
5:30 PM	PR	230114-48
	MR	230117-07
	L1	230101-28
	L2	230102-27
	L3	230103-14
6:15 PM	PS	230111-28
	PS	230111-29
	L1	230101-29
	L2.5	230112-28
	L2.5	230112-29
	L3	230103-15
6:20 PM	SF 2	230110-09
7:00 PM	PR	230114-49
	PR	230114-50
	L2	230102-28
	L4	230104-08
	L6	230106-02
7:45 PM	PR	230114-51
	PR	230114-52
	PR	230114-53
	PR	230114-54
	L2	230102-29
	L3	230103-16

## A Note About Community Center Lessons

If you wish to swim before or after class at the Community Center a wristband may be purchased at the guest service desk. On weekend mornings, your child will not be able to swim before or after class until open swim, which begins at noon.





## Chippewa Middle School Pool

Chippewa's pool is ideal for upper levels having deeper and cooler water. This pool allows swimmers to learn additional skills, such as: diving, surface dives, and advanced treading. We recommend registering if your swimmer is at a Level 3 or above. The programs on this page are all held at Chippewa Middle School.

## STROKE TECHNIQUE — TEENS/ADULTS

Teens/Adults

\$71; \$63 Shoreview Resident..... 5:20 PM – 5:55 PM  
Tuesdays, March 26-May 14..... **Activity # 230108-01**

This class is perfect for the fitness swimmer or triathlete that is wanting to work on their stroke technique with the goal of improving endurance and efficiency. During each class a work out will be provided that will focus on different key points of swimming to help you improve on your technique and speed.

**An additional work out will be provided each week for participants to do on their own through out the week.**

This class will be focusing on improving stroke technique for freestyle, backstroke, & breaststroke.

## INTRODUCTION TO SWIM TEAM

Must have completed Level 6 or equivalent

\$71; \$63 Shoreview Resident..... 6:40 PM – 7:15 PM  
Tuesdays, March 26-May 14..... **Activity # 230109-01**

This class will introduce your swimmer to the basics of swim team. Participants will be given instruction on butterfly, backstroke, breaststroke, and freestyle, including complete dives and turns. They will work on stroke technique and build endurance at the same time. It is a great place to begin your journey to competitive swimming.

## SWIM LESSONS AT CHIPPEWA

### TUESDAY March 26 - May 14

Time	Level	Activity #
<b>Evening</b>		
5:20 PM	PR	230114-55
	L4	230104-09
	L5	230105-06
	Stroke Technique- Teens/Adults	230108-01
6:00 PM	Swimming Merit Badge	230301-01
	L7	230107-02
	Junior Lifeguard	250305-01
	Adult Lessons- Beginners	230115-01
6:40 PM	PR	230114-56
	L3	230103-17
	L6	230106-03
	Introduction to Swim Team	230109-01

## ADULT INSTRUCTION FOR BEGINNERS

\$71; \$63 Shoreview Resident..... 6:00 PM – 6:35 PM  
Tuesdays, March 26-May 14..... **Activity # 230115-01**

For mature learners starting with basic swimming skills.

Participants will learn everything from floating to efficient strokes at a personalized speed. Classes will be kept small for individual attention.

## BOY SCOUT MERIT BADGE

Tuesdays, March 26 – May 14..... 6:00 PM – 6:30 PM  
Min. 4 participants

\$49; \$45 Shoreview Resident..... **Activity #230301-01**

Complete your Swimming Merit Badge in 8 – 30 minute lessons with a certified Merit Badge Counselor. You are required to attend all 8 lessons, in order to complete the FULL Swimming Merit Badge. We will provide the workbook and Merit Badge Counselor. The Scout will learn about safety when swimming and diving, how swimming can contribute to overall personal fitness and health, and gain basic competitive swimming skills.

## DISCOVER SCUBA

Ages 12 and older

\$22; \$20 Shoreview Resident..... 6:00 PM – 7:00 PM  
Thursday, March 7..... **Activity # 130305-01**

Chippewa Middle School

This is a great opportunity for individuals to use scuba gear under the care of a certified Scuba instructor. The class includes a briefing on equipment along with trying on the gear and exploring the bottom of the pool. Sign up soon, space is limited to the first 10 registered. If you have asthma, you are required to provide a Doctor's note stating it is safe for you to participate.

## NEW! Chippewa Middle School Lap Swim Punch Cards

4 admissions to Chippewa Middle School lap swim  
Rate: \$22; \$20 Shoreview Residents (includes sales tax);  
Members Swim Free (must present membership card)

Chippewa Lap Swim Punch Cards will be available to purchase at the Shoreview Community Center starting **March 1st**. This card will allow 4 admissions for lap swimming at Chippewa Middle School **ONLY**. You will be able to share the punch card with family members or guests that you bring. Each person swimming will count as 1 admission. The cards will be good through September 13, 2013.

The lap swim schedule for Chippewa is as follows:  
Spring- Tuesdays, March 26-May 15, 5:30 PM – 7:00 PM  
Summer- TBD

## FITNESS REGISTRATION

Call for information: 651-490-4750

**SPRING SESSION** *March 24 – June 9 (11 weeks)*  
*No class April 14 or May 27.*

Welcome to Shoreview's group fitness classes. Shoreview Parks and Recreation Fitness program boasts the best equipment in the industry with two state-of-the-art fitness studios. Our classes utilize high-quality resistive equipment, and new, innovative program offerings. Our instructors are nationally certified and follow the standards and recommendations of nationally accredited fitness organizations.

Shoreview Fitness is committed to providing fitness opportunities for individuals of all ages, fitness levels, and health status. Most fitness classes are suitable for everyone, but there are also class options available for beginners and those looking for classes of lower intensity levels. Please feel free to call to find out which classes best suit your needs – 651-490-4750.

**Annual Members receive 30% off group fitness classes listed on pp. 26-27 with the exception of Youth Fitness classes. Discount now available online!**

## FITNESS PUNCH CARDS

Give our fitness classes a try! This Punch Card will allow you to take five classes during the session. Note: if individual classes are full, Punch Card holders may not be able to participate. Drop-In class schedule will be available the first week of classes. Card does not include Tae Kwon Do classes.

	Activity #
Revvig, Latin Fusion, Zumba® and Kettlebell \$42; \$38 Shoreview Resident.....	210401-01
Yoga, Pilates, and Yogalates \$48; \$45 Shoreview Resident.....	210402-01
All Other Fitness Classes \$32; \$30 Shoreview Resident.....	210403-01

Available for purchase at Lower-Level Service Desk or Upper Parks and Recreation Desk during office hours.

## DROP-IN RATES

Drop-in passes allow you to attend a class. Drop-in schedule will be available the first week of classes.

Yoga, Pilates, and Yogalates .....	\$11; \$10 Shoreview Resident
Revvig, Latin Fusion, and Zumba® and Kettlebell .....	\$9.50; \$8.50 Shoreview Resident
All Other Fitness Classes Drop-in Rate .....	\$8; \$7 Shoreview Resident

## MIND/BODY OPTIONS

### Core Fusion

If you're looking for a strong, toned, and graceful body then this class is for you. Core Fusion mixes body sculpting with flexibility, strength training and balance work. Core Fusion will build upon the influences of Yoga and Pilates, but don't expect to hear water falls in the background because this high-energy class will have you moving to the sounds of the top 40's in a non-stop low impact format.

### Core Training (30 minutes)

Core Training is a well designed, time efficient, complete workout for everyone. It will improve balance, stability, mobility, and overall quality of movement. This 30 minute class will build functional movement and create usable strength and power. Equipment used is a weighted ball and a stability ball.

### Mind/Body Yoga

Begin to experience a new awareness of yourself: body, mind, and spirit. This class is appropriate for those new to yoga or returning students. Mind/Body Yoga emphasizes flexibility, balance, and overall strength. Each class will teach stretching (asana), breath awareness (pranayama), and deep relaxation (meditation). Candlelight Yoga is performed in the relaxing atmosphere of candlelight.

**\*\* One-on-one personal Yoga sessions are available. Please call 651-490-4768 to find out more.**

### Pilates

Pilates is a method of body conditioning, a unique system of stretching and strengthening exercises developed over 90 years ago by Joseph Pilates. It strengthens and tones muscles, improves posture, provides flexibility and balance. Pilates unites body and mind and creates a more streamlined shape.

**Intermediate Pilates requires basic knowledge and previous Pilates experience.**

### Yoga Strength

Gain strength, stamina, and balance with this non-purist, athletic style of yoga. Bring your body and mind together for peak performance.

### Yogalates

Try a great class that incorporates both the core strength component of Pilates and the relaxation techniques of yoga.

An hour of working out the body and the mind.





## STRENGTH OPTIONS

### BOSU Fusion

BOSU Fusion combines elements of step, strength, plyometric, and core training on the BOSU Balance Trainer with additional equipment including Kettlebells to provide a full-body cardiovascular, core, and strength workout.

### Circuit

This low-impact class features non-stop, anything-but-boring and always-changing activity. You will get to use all of our group fitness "TOYS" as you alternate between cardio-strength exercises. This class will challenge your muscles in a variety of ways keeping your mind focused and body energized.

### Strength, Core, and Cardio/Strength Conditioning

Staying fit is important for people of all ages. Regular exercise can prevent the decreases in muscle mass, balance, flexibility, endurance, bone density, and the resulting aches and pains that are associated with aging and decreased activity. These classes will use a variety of exercises to safely help you improve your quality of life with an emphasis on improvements in cardiovascular health and muscular performance. Participants will experience increased energy levels and the group setting will provide the motivation that will encourage an active lifestyle.

### Kettlebell Training

Kettlebell exercises develop strength, power, stamina and provide a full-body workout that will help you transform your body. Kettlebell classes will also incorporate non-kettlebell conditioning drills for an even greater challenge.

### Power Pump

Power Pump is a strength training workout targeting all of the major muscles to strengthen and tone you into shape. This class will utilize supersets, tempo changes, slow reps, and pulses that will challenge your body and save you some time in the gym. Equipment used includes a variable weight bar and selected weight plates. Dumbbells and bands will hit those forgotten muscles. For the best results, two times per week is suggested. Power Pump is suitable for everyone from beginners to advanced strength trainers. Resistance training not only increases strength and performance in activities and sports, it also helps decrease the occurrence of injuries and can prevent conditions such as arthritis and osteoporosis. Classes great for all levels.

### Strength Training

This basic strength class uses hand weights, resistance bands, stability balls and more to strengthen every major muscle group in your body. Everyone works at their own ability and chooses their own weight loads and resistance levels. Whether you are trying to increase your bone density, build strength, or tone your body.



### Total Body Workout

Work all of your muscles in this total body workout. It will challenge your agility, speed, strength, and endurance. Classes will include a variety of weights, bodyweight exercises, conditioning drills, cycling, kickboxing, core work, kettlebells and more. Come ready to work!

## CARDIO OPTIONS

### Boot Camp

Boot Camp is the definition of workout variety, including kettlebells, free weights, step, BOSU, and sports agility equipment to complete a high intensity total body workout. This is the perfect class for those who enjoy group fitness as a means to push workouts to the next level without the feel of typical aerobics classes.

### Cardio Groove

Get your groove on in this "hi-lo" impact class. As you move to your favorite hits you will increase your endurance level and burn fat. Class begins with a warm-up to prepare for 35 minutes of easy-to-learn dance and aerobics combinations. Before you know it, you will be cooling down and finishing with a core workout.

### Cardio Kickboxing/Turbokick

A dynamic and energetic class that combines kicks, jabs, and strong arm and leg work to warm you up and keep you moving. A great way to strengthen muscles and burn body fat.

### Latin Fusion

Latin Fusion is a high energy workout that takes Latin dance movements and adds a twist of aerobic, step and hip hop moves. This class will get you in the groove with the combination of Hip Hop and Latin dance combos that are designed for all levels and produce a high level of energy expenditure. Showcase your versatility and passion with a smooth, fun routine that everyone can enjoy. All levels welcome!

## CARDIO OPTIONS, cont.

### Revvng

Cycling is an activity that produces one of the highest rates of calorie expenditure. Revving is an indoor group cycling class that is fun, challenging, and accommodates all fitness levels, using revolutionary group exercise cycles. This energetic class consists of a continuous bike ride set to up-beat music with “hill climbs” and sprints mixed in to simulate cycling outdoors. The resistance of the stationary revving bikes is adjustable to accommodate all levels and intensities.



### Step and Strength

This class provides benefits in cardio fitness, fat burning, and strength training. This is a great cross-training class that utilizes an adjustable step and resistance equipment. All levels and abilities are encouraged to participate. This class will keep you moving and motivated.

### Step It Up!

Start out with some basic step moves to get warmed up. The next step is to learn some fun patterns, combinations, and movements on an adjustable height step to meet all levels of endurance. Class ends with a cool down and core exercises.

### Tabata

Tabata classes apply the Tabata Protocol of interval training to strength training, plyometrics, total body, and additional training methods to provide a high intensity workout. Participants will find that Tabata is a highly efficient means of exercise that will give them the best results in the shortest time. Due to the structure of the Tabata Protocol class will be 30 minutes in length.

### Zumba®

Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Achieve long term health benefits and experience an hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training sessions where fast and slow rhythms, and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got Zumba®!

### Zumba Gold®

Zumba Gold® is an innovative, fun and exciting class designed for the active older adult, the true beginner, people who are not used to exercising, or those who may be limited physically. Compared to the regular Zumba® class Zumba Gold® is done at a lower pace and intensity, but is just as fun. The same great Latin styles of music and dance are used including Merengue, Salsa, Cha Cha, Salsa, Rock & Roll, Flamenco, and Tango. Zumba Gold® instructors ensure that the routines are easy to learn and follow for participants of all abilities and ages so that success can be achieved quickly and participants can have FUN!

### Zumba Toning®

Zumba Toning® combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba® moves to create a calorie-torching, strength-training dance fitness-party. Students learn how to use hand weights to enhance rhythm and tone all their target zones, including arms, abs, glutes and thighs. Zumba Toning® is the perfect way for enthusiasts to sculpt their bodies naturally while having a total blast.

## PRENATAL OPTIONS

### PreNatal Exercise & Yoga

PreNatal Exercise will provide pregnant and nursing mothers exercises to improve the health of the mother and baby during and following pregnancy. Intensity levels and exercises will be modified to ensure maximum safety and benefits for participants. The class will include yoga, strength training, pelvic floor and abdominal exercises, and cardiovascular exercise appropriate for pregnant and nursing mothers.



## WATER OPTIONS

### Water Classes

All water classes are held in the Shoreview Community Center pool. The pool depth never exceeds 4½ feet, and the water temperature is regulated for maximum comfort. Swimming ability is not required—the gentle slope of the pool allows each participant to work at an appropriate depth.



### Aqua Flow

This lower-intensity water exercise class is designed to accommodate individuals desiring a class of lower intensity than Aqua Splash as well as those with conditions that may limit exercise capabilities. Aqua Flow is taught in a group setting with exercises and activities designed to develop muscular strength, muscular endurance, and improve range of motion.

### Aqua Splash

Let our instructor lead you through a safe, low-impact workout in a comfortable water environment. The water's natural resistant properties help you increase overall muscle strength and endurance while conditioning your cardiovascular system.

### Arthritis Foundation Aquatic Program®

The Arthritis Foundation Aquatic Program® is a shallow water exercise program designed for people of all ages living with arthritis, rheumatic disease and related musculoskeletal conditions. Participants will experience the benefits of water exercise including improvements in cardiovascular endurance, muscular strength, and motor skills. Classes include exercises and education that will assist in the development of wellness and a healthy lifestyle. Joint protection, energy conservation, and relaxation are included in each class to offer solutions for symptoms and improvements in self-sufficiency and range of motion.

## SENIORFIT CLASSES

The Shoreview Community Center is dedicated to helping seniors stay active and fit. These classes are specially tailored for older adults (age 65+) and taught by our experienced and highly trained fitness instructors. SeniorFIT classes can accommodate any fitness level. These classes are available at no cost for anyone with an annual senior membership at the Shoreview Community Center.

### SeniorFIT Strength Training

This strength training class will focus on increasing muscular strength making everyday tasks such as lifting and bending safer and easier. Moving to your favorite music, our instructor will lead you in a variety of exercises using light weights, bands, and exercise balls.

### SeniorFIT Circuit

Circuit classes provide a great balance between cardiovascular and strength training giving you a well rounded and efficient workout. This class will use a variety of fitness equipment, non-impact aerobics, and motivating music to get you moving.



### SeniorFIT Yoga and Stretch

Feel your stress melt away as the instructor takes you through yoga moves to increase your flexibility, balance, and core strength. You will leave this class feeling refreshed, relaxed, and energized.

### SeniorFIT Splash

SeniorFIT Splash is a low-impact yet highly effective class designed to increase strength, endurance, and range of motion. This class is held in the Community Center pool and swimming ability is not required.



## MORNING AND DAYTIME CLASSES

All classes are 50 minutes unless otherwise indicated. March 24th - June 9th (11 weeks). No class Sunday, April 14th or Monday, May 27th.

Time	Class	Rate/Shoreview Res.	Activity #
<b>MONDAY (No Class May 27th)</b>			
5:35 A.M.	Total Body Workout	\$54/\$49	210502-01
8:30 A.M.	Core Conditioning	\$54/\$49	210538-01
8:30 A.M.	SeniorFIT - Strength Training*	\$54/\$49	210161-01
9:15 A.M.	Aqua Splash	\$54/\$49	210522-01
9:30 A.M.	Circuit	\$54/\$49	210505-01
9:30 A.M.	Core Fusion	\$54/\$49	210531-03
10:30 A.M.	Zumba®	\$72/\$66	210544-12
11:40 A.M.	Mind/Body Yoga	\$86/\$79	210506-01
<b>TUESDAY</b>			
5:35 A.M.	Core Fusion	\$59/\$54	210531-04
8:15 A.M.	SeniorFIT - Splash*	\$59/\$54	210162-01
8:30 A.M.	Mind/Body Yoga	\$94/\$87	210506-02
8:30 A.M.	Power Pump	\$59/\$54	210523-02
9:15 A.M.	Aqua Splash	\$59/\$54	210522-03
9:30 A.M.	Step It Up	\$59/\$54	210516-01
10:40 A.M.	Zumba Gold®	\$78/\$72	210543-01
11:40 A.M.	Strength Training	\$59/\$54	210541-01
1:45 P.M.	SeniorFIT - Strength Training*	\$59/\$54	210161-03
<b>WEDNESDAY</b>			
5:35 A.M.	Total Body Workout	\$59/\$54	210502-02
8:30 A.M.	SeniorFIT - Strength Training*	\$59/\$54	210161-02
8:30 A.M.	Cardio & Strength Conditioning	\$59/\$54	210540-01
9:15 A.M.	Aqua Splash	\$59/\$54	210522-05
9:30 A.M.	Zumba®	\$78/\$72	210544-07
9:30 A.M.	Core Training (30 min)	\$59/\$54	210527-01
10:40 A.M.	SeniorFIT - Yoga & Stretch*	\$59/\$54	210163-02
<b>THURSDAY</b>			
5:35 A.M.	Core Fusion	\$59/\$54	210531-02
8:15 A.M.	Aqua Flow	\$59/\$54	210521-01
8:30 A.M.	Pilates	\$94/\$87	210507-02
8:30 A.M.	Power Pump	\$59/\$54	210523-06
9:15 A.M.	Aqua Splash	\$59/\$54	210522-07
9:30 A.M.	Step It Up	\$59/\$54	210516-04
9:30 A.M.	Mind/Body Yoga	\$94/\$87	210506-07
10:40 A.M.	Zumba Gold®	\$78/\$72	210543-02
11:40 A.M.	Strength Training	\$59/\$54	210541-02
12:40 P.M.	Mind/Body Yoga	\$94/\$87	210506-04
1:45 P.M.	SeniorFIT - Strength Training*	\$59/\$54	210161-04
<b>FRIDAY</b>			
5:35 A.M.	Total Body Workout	\$59/\$54	210502-03
8:15 A.M.	SeniorFIT - Splash*	\$59/\$54	210162-02
8:30 A.M.	SeniorFIT - Circuit*	\$59/\$54	210165-01
8:30 A.M.	Strength Conditioning	\$59/\$54	210539-02
9:15 A.M.	Aqua Splash	\$59/\$54	210522-09
9:30 A.M.	Circuit	\$59/\$54	210505-03
9:30 A.M.	Zumba®	\$78/\$72	210544-08
10:30 A.M.	SeniorFIT - Yoga & Stretch*	\$59/\$54	210163-03
<b>SATURDAY</b>			
8:15 A.M.	Revvig	\$78/\$72	210512-08
8:30 A.M.	Kettlebell Training (45 min)	\$78/\$72	210528-04
8:30 A.M.	Zumba®	\$78/\$72	210544-06
9:30 A.M.	Power Pump	\$59/\$54	210523-09
9:30 A.M.	<b>NEW!</b> Turbokick	\$59/\$54	210503-01
<b>SUNDAY (No Class April 14th)</b>			
8:30 A.M.	Revvig	\$72/\$66	210512-09
4:30 P.M.	PreNatal Exercise + Yoga	\$72/\$66	210510-01
5:00 P.M.	Zumba® and Strength	\$72/\$66	210546-01
6:00 P.M.	Candlelight Yoga	\$86/\$79	210537-01

Annual Community Center members receive 30% off group fitness classes listed on the schedule on pages 26 & 27.

**\*\* SeniorFIT classes are available at NO COST for anyone with an annual senior membership to the Shoreview Community Center.**

### REGISTER EARLY AND SAVE YOUR SPOT IN CLASS!

Participants are encouraged to register at least one week prior to the start of the session to prevent classes from being cancelled due to low enrollments.

For updated class times and locations, please see schedules available on-line and at the Community Center.

### CHILD CARE AVAILABLE!

Mon-Sat 8 A.M. – 12:30 P.M.  
Mon-Thu 4 P.M. – 8:30 P.M.  
Fri 4 P.M. – 8 P.M.

Rate \$1 per hour per child.

\*SeniorFIT classes are available at no cost to anyone with a Senior membership at the Shoreview Community Center

## EVENING CLASSES

All classes are 50 minutes unless otherwise indicated. March 24th - June 9th (11 weeks). No class Sunday, April 14th or Monday, May 27th.

Time	Class	Rate/Shoreview Res.	Activity #
<b>MONDAY (No class May 27th)</b>			
4:10 P.M.	Zumba®	\$72/\$66	210544-02
4:30 P.M.	Tabata (30 min)	\$54/\$49	210513-01
5:20 P.M.	Step and Strength	\$54/\$49	210514-01
5:20 P.M.	Total Body Workout	\$54/\$49	210502-05
5:30 P.M.	Revvng	\$72/\$66	210512-01
6:25 P.M.	Cardio Groove	\$54/\$49	210504-01
6:25 P.M.	Core Fusion	\$54/\$49	210531-01
7:30 P.M.	Zumba®	\$72/\$66	210544-10
7:30 P.M.	Power Pump	\$54/\$49	210523-04
8:05 P.M.	Aqua Splash	\$54/\$49	210522-02
<b>TUESDAY</b>			
4:00 P.M.	SeniorFIT - Splash*	\$59/\$54	210162-03
4:30 P.M.	Tabata (30 min)	\$59/\$54	210513-02
5:05 P.M.	Aqua Splash	\$59/\$54	210522-04
5:20 P.M.	Mind/Body Yoga	\$94/\$87	210506-03
5:20 P.M.	Power Pump	\$59/\$54	210523-03
6:25 P.M.	Pilates	\$94/\$87	210507-03
6:25 P.M.	Cardio Kickboxing	\$59/\$54	210501-01
7:30 P.M.	Total Body Workout	\$59/\$54	210502-04
7:30 P.M.	BOSU Fusion	\$59/\$54	210542-01
<b>WEDNESDAY</b>			
4:00 P.M.	Kettlebell Training (45 min)	\$78/\$72	210528-03
5:15 P.M.	Step It Up	\$59/\$54	210516-03
5:20 P.M.	Yogalates	\$94/\$87	210525-02
6:25 P.M.	Revvng	\$78/\$72	210512-05
6:30 P.M.	Boot Camp	\$59/\$54	210532-02
7:05 P.M.	Mind-Body Yoga	\$94/\$87	210506-06
7:30 P.M.	<b>NEW!</b> Latin Fusion	\$78/\$72	210545-01
8:05 P.M.	Aqua Splash	\$59/\$54	210522-06
<b>THURSDAY</b>			
4:00 P.M.	Arthritis Foundation Aqua Program	\$59/\$54	210164-02
4:15 P.M.	Revvng	\$78/\$72	210512-03
5:05 P.M.	Aqua Splash	\$59/\$54	210522-08
5:20 P.M.	Yoga Strength	\$94/\$87	210524-01
5:20 P.M.	Power Pump	\$59/\$54	210523-07
6:25 P.M.	Cardio Kickboxing	\$59/\$54	210501-03
6:25 P.M.	Pilates (Intermediate)	\$94/\$87	210511-01
7:30 P.M.	Mind-Body Yoga	\$94/\$87	210506-05
7:30 P.M.	Zumba®	\$78/\$72	210544-03
<b>FRIDAY</b>			
4:30 P.M.	Zumba®	\$78/\$72	210544-04
5:30 P.M.	Step It Up	\$59/\$54	210516-05
5:30 P.M.	Power Pump	\$59/\$54	210523-05

**\*\* SeniorFIT classes are available at NO COST for anyone with an annual senior membership to the Shoreview Community Center.**

**Annual Community Center members receive 30% off group fitness classes listed on the schedule on pages 26 & 27.**

### NOTES ABOUT GROUP FITNESS CLASSES:

- Refunds are issued for medical reasons only.
- Participants are encouraged to register at least one week prior to the start of the session to prevent classes from being cancelled due to low enrollments.
- Membership is not required to register for our fitness classes!
- Annual Community Center members receive a 30% discount off group fitness class registration fees (exclusions apply).
- Senior Fit classes are free to anyone with an annual Senior Membership.
- Fitness class attendance for members is applicable to the minimum monthly visits required by insurance providers to receive insurance reimbursements.
- All classes are 50 minutes unless indicated.
- For updated class times and locations, please see schedules available on-line and at the Community Center.
- Minimum age is 14. Ages 12 & 13 may sign up with a parent/guardian.





**City of Shoreview**  
4600 Victoria Street North  
Shoreview, MN 55126

Fourth Annual | Slice of Shoreview

# TASTE *of* SLICE

Thursday, February 21 | 5:00 pm-8:00 pm | \$20 per person; \$25 at door

Shoreview Community Center | [www.SliceofShoreview.com](http://www.SliceofShoreview.com)



Join us for an evening of sampling delicious food from Shoreview area restaurants, wine tasting, a preview of this year's Slice of Shoreview Days, raffles, silent auction, and more. Cash bar available. Please visit our website at [www.SliceofShoreview.com](http://www.SliceofShoreview.com) for more details.

Register at [www.shoreviewmn.gov](http://www.shoreviewmn.gov) or at Shoreview City Hall  
Sponsored by SESCA-Shoreview Einhausen Sister City Association